

# EX-BLUE JAY FACES AIDS ALLEGATIONS, PG12

Canadian Legal Resource Centre Inc.  
CALL NOW! Mon-Sat Daytime & Evening Appointments  
403.229.2774 FREE CONSULTATION  
**UNCONTESTED DIVORCES**  
Legal Separation Agreements  
Spousal Land Transfers  
[www.canadianlegal.org](http://www.canadianlegal.org)  
**CRIMINAL RECORD?**  
Canadian Pardons  
US Travel Waivers  
Fingerprinting  
21+ years experience  
Voted #1 Paralegal  
Why pay more?



## Celebrity Buzz

Prince Harry  
in trouble  
again for  
comments

pg 22

### Vancouver Games

#### Countdown to 2010

Comment & Views

• The politics behind  
the Games,  
pg 9

Canada

• One  
year to go,  
pg 6

Sports

• Canada's  
medal  
hopefuls,  
pg 11

Tomorrow's Metro  
• Unveiling the Olympic  
torch

### Valentine's Day

#### Matters of the heart

Valentine's  
Day

• Make your  
loved one  
swoon with  
these gift  
ideas, pg 16

Metro  
Homes

• Get deals  
on the  
perfect gift, pg 13

Food

• Show you care by mak-

ing your sweetheart

decadent chocolate-

fudge brownies, pg 14

Style

• Go red this Valentine's

Day, pg 17

• Spice it up with scarlet

details, pg 18

Entertainment

• Surviving Mandatory

Romantic Gesture Day,

pg 20

Tomorrow's Metro

• A selection of the

worst love songs and

Alan Cross reveals why

some romantic ballads

can misrepresent your

true intentions

### Final sprint Vancouver Olympics in 365 days



From left, Whistler Mayor Ken Melamed, VANOC CEO John Furlong, Swatch CEO G.N. Hayek, IOC president Jacques Rogge, Omega president Stephen Urquhart, B.C. Premier Gordon Campbell, IOC co-ordination commission chair Rene Fasel and Federal Minister of State for Sport Gary Lunn pose by the Olympic Countdown Clock at the Whistler Sliding Centre to mark the one-year countdown to the start of 2010 Olympic Games in Vancouver and Whistler, B.C. Story, page 6.

Pro-life  
battle  
ironic:  
Group

JENNIFER HILLIKER  
for Metro Calgary

**RIGHTS** Joyce Arthur, national co-ordinator of the Abortion Rights Coalition of Canada, says it's ironic the Campus Pro-Life club at the University of Calgary is crying out that their basic human right for freedom of speech is being taken away, yet they want to take away a woman's fundamental right to control her body.

The U of C Students' Union made a decision Tuesday to de-sanction the club, taking away its club status and funding after trespassing charges were laid to the group. Members had refused a university request to turn graphic posters depicting genocide and unborn fetuses inward.

"The pro-choice view is more legitimate because it's democratic," Arthur said. "Their view is fundamentally anti-democratic and anti-human rights."

Laree Pickup, director of Alberta Pro-Life, said it's not fair the students were charged. Pickup said the students are very courageous and should be given accolades instead.

Dalmy Baez, president of the Students' Union, said the fact that the club got de-sanctioned has nothing to do with their pro-life stance.

ShareYourViews  
calgaryletters@metronews.ca

# Gang crime targeted

Province outlines multi-pronged approach to cut violence

VICTORIA HANDSIDES  
Metro Canada

Provincial officials are putting a hit out on rising gang crime.

Promises made in the throne speech were echoed by officials yesterday, who elaborated on commitments to an impending proactive approach to gang culture and fleets of chop-shop armoured vehicles.

"We need to take a much broader perspective than just enforcement," solicitor general spokesman Andy Weiler said, detailing a new four-poster approach of prevention, intervention, awareness and action.

Plans are in place to

"tighten rules" around vehicle modification, like armour-plating, bullet-proof glass and surveillance cameras.

Canadian gang expert and author Michael C. Chettleburgh said he feels it's

time the province "put its money where its mouth is" when addressing the growing gang problem in Alberta, and focus on prevention and reintegration over prohibition.

"Virtually everything gangs are doing already is illegal anyway," Chettleburgh said. "I'm not sure what practical difference it will make."

Though bulletproofing and securing hiding spots in

vehicles is prohibited in Alberta already, Chettleburgh said officials are turning a blind eye to chop-shops that are likely fronted and operating within the province.

Infrastructure spokesman Jerry Bellika said it's believed vehicles are being armed outside the province.

"The province needs to

take responsibility for its own gang issue, and the vibrant demand for drugs, which is what's creating the growing violence in Alberta," Chettleburgh said.

Amendments to the Gam-

ing and Liquor Act to help bar owners combat gangs were eluded to in the speech, though details weren't released.

## CANADA'S MOST RELIABLE NETWORK

FEWEST DROPPED CALLS | CLEAREST RECEPTION

[rogers.com/reliable](http://rogers.com/reliable)

ROGERS™

Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing services of other major wireless providers.

TM Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

the new  
**fido**   
 Giving low prices a good home.

**THE MORE  
YOU SAVE**  
the less you worry



PLANS FROM

**\$15**

PER MONTH<sup>1</sup>

- › TEXT MESSAGES INCLUDED<sup>2</sup>
- › NO SYSTEM ACCESS FEES

PHONES AT  
**\$0**



With 2-year Fido Agreement<sup>3</sup>. Maximize your savings!  
Other phones available.

**THE NEW  
OWNER'S  
GUARANTEE**

1. No System Access Fees
2. Free text alerts for budget control
3. No term contract necessary
4. We give back with FidoDollars™ every time you use your phone

**SHOP FIDO.CA**  
Drop by a store  
Call 1-866-301-3436

Offers and pricing subject to change without notice. **1.** A one-time activation fee of \$35 per line applies. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional options selected and applicable taxes are extra and are also billed monthly. **2.** Each plan includes a number of sent text messages; text messages received from another mobile phone are free. There is a charge per text message received via E-mail to your Fido and for premium text messages (alerts, messages related to content, contests and promotions). **3.** Phones shown are available at \$0 with a two-year Fido Agreement; early cancellation fees apply. Without a Fido Agreement, the Nokia 2760 phone is at \$50, the Nokia 3500 phone is at \$100 and the MOTORAZR V3 phone is at \$100. Taxes not included. <sup>TM</sup> Fido & design, FidoDollars and *Giving low prices a good home* are trademarks of Fido Solutions Inc. © 2009 Fido Solutions Inc.

**FIDO STORES**

Market Mall  
Marlborough Mall  
Chinook Centre  
Southcentre Mall

**EXCLUSIVE DEALERS**

CELLULAR BABY  
Market Mall  
Westbrook Mall  
GENERATION WIRELESS  
Deerfoot Outlet Mall

NONI WIRELESS  
4818 Westwinds Drive N.E., Unit 1146  
UNIPAGE  
Central Landmark Mall  
Dragon City Mall  
Pacific Place Mall

►FUTURE SHOP

WIRELESS etc...

booth  
the telephone booth

COSTCO  
WHOLESALE

((WIRELESSWAVE))

WAL-MART

BEST  
BUY

**Free film screening at Plaza**

Calgarians are invited to a special free screening of the film *The Diving Bell and the Butterfly* tonight at 6:30 p.m. at the Plaza Theatre hosted by the Alberta Heritage Foundation for Medical Research. The screening is part of the Science in Cinema program. After the film there will be a discussion.

METRO CALGARY

3

# Local



## Showing off the skills

The talent of 16 of SAIT's photojournalism students will be shown off this month until Feb. 27. Their photographs are displayed in an exhibit at the SAIT library in the Heart Building. "The quality and storytelling in this year's showcase are outstanding," said Rand Ayres, dean of the School of Information and Communications Technologies.

METRO CALGARY

**Hell's Kitchen**  
8 Tonight

**citytv**

**ROGERS**

Restaurant open again after slayings

**CRIME** Owners of the restaurant where three men were slain on New Year's Day bravely reopened their doors yesterday.

They say they were very worried that customers wouldn't come back, but after a priest came in to bless Bolsa Vietnamese Restaurant and the surrounding area, they felt confident enough to get back to business.

"We had seven tables here today, and some were groups of four to six," said Dan Dang, wife of Viet Tran, the restaurant owner.

METRO CALGARY

## 2 koalas join Calgary Zoo

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

If their adoring fans at yesterday's debut appearance were any indication, Budaru and Mundooie will be a popular attraction at the Calgary Zoo.

The two male koala bears are on loan from the San Diego Zoo until September and will greet visitors in the Australian building.

"Budaru and Mundooie are so cute and cuddly and they each have their own personality. They are wonderful ambassadors," Calgary zookeeper Barb Campbell said.

Campbell described four-year-old Budaru as a solitary type, who can be somewhat feisty and unpredictable. She says eight-year-old Mundooie is a little more approachable and is easier to hold.

"Koala bears can be quite nasty. In Australia you wouldn't walk up to go and pick it up," she added.



ROBIN KUNISI FOR METRO CALGARY

Koala Mundooie and keeper Barb Campbell meet with the public in the Australian building yesterday, as the Calgary Zoo opened its koala exhibit. Two koala ambassadors, Budaru and Mundooie, arrived from San Diego and will be spending the next few days getting used to their new home.

The koala bears are a welcome addition for a zoo that has faced much controversy as of late, with the deaths of most of its stingrays most recently, but San Diego keeper Jennifer Moll said Calgary is a

the perfect temporary home.

"I know they are in perfect hands and we have absolutely no concern bringing our koalas to the Calgary Zoo," Moll said, adding Campbell partici-

pated in two weeks of training in San Diego.

"We have over 20 koalas in our zoo at home and we're happy to share ... Calgary is now the only zoo in Canada with koalas," Moll added.

Arrest made in liquor store stabbing

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

**HEROIC ACT** The nephew of a man stabbed during a robbery Tuesday night said the patron who intervened in the attack is a "life-saver."

Police have arrested a suspect who allegedly entered the Deeps Liquor Store off 32nd Avenue and 60th Street NE and, after a brief struggle, stabbed the owner, Sukjhit Hansi, before an unidentified "regular" hit the suspect over the head with a bottle.

"The man was a life-saver. I think it could have been a lot worse if he didn't step in," nephew Navdeep Singh told Metro, adding his uncle was recovering and ready to get back to work.

Jesse Douglas Nelson, 29, is facing with three counts of robbery in relation to three bank heists last month.

**metronews.ca**

WHAT'S ONLINE TODAY

**Videos** Calgary's WestJet explores options for growth at [metronews.ca/local](http://metronews.ca/local)

**Lotteries**

Lotto 6/49: 1, 6, 17, 19, 41 & 42. Bonus 31  
These results are not official.



GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS

**HEALTH CARE** Massage Therapy ✕ | Medical Office Administrator ✘ |  
Retail Pharmacy Technician ✕ ✘ | Medical Administrative Assistant ✕

**TECHNOLOGY** Network and Internet Security Specialist ✕ | Help Desk Support Analyst ✕

**BUSINESS & LEGAL** Paralegal ✘ | Business Administration E-Commerce Management ✘ |  
Accounting and Payroll Administrator ✕ ✘ | Professional Legal Assistant ✕ |  
Oil & Gas Administrative Assistant ✕ ✘ | Hospitality (AHLA) ✘ |  
Travel and Tourism ✕ | Business Administration Management ✕

- ➔ Financial Aid Available to Qualified Applicants
- ➔ Career Services Assistance
- ➔ High Graduate Employment Rates
- ➔ 9 Campuses in AB
- ➔ Classes Filling Fast – Call Now to Reserve a Seat

\* Not All Programs Available At All Campuses.

Pertains To A Reeves College Program

Pertains To A CDI College Program

**REEVES COLLEGE**  
Guiding Your Success

1-800-710-1448  
[WWW.REEVESCOLLEGE.CA](http://WWW.REEVESCOLLEGE.CA)

**CDI COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE

1-888-245-6827  
[WWW.CDICOLLEGE.CA](http://WWW.CDICOLLEGE.CA)

# Lose Weight... Feel Great!



**International Laser Clinics'**  
**Weight Loss Management Program (LWL™)**

## What is LWL™?



International Laser Clinics' Laser Weight Loss Management is a complete system combining the benefits of cold laser technology along with a comprehensive nutritional program. Not only will you shed those unwanted pounds naturally without drugs, pills or side-effects, but you will look and feel better...all with one on one weight loss support with one of our Program Coordinators.

## How Does Cold Laser Help You Lose Weight?

LWL™ treatments stimulates your metabolism thereby helping your body to use food more efficiently instead of storing it as fat. In addition, your appetite will be suppressed. LWL™ is also highly effective in relieving stress, which in turn will help alleviate food cravings.

To find out more about LWL™, simply call one of our clinics or better still make an appointment for a no-charge consultation.



**PRO IMAGE**

INTERNATIONAL LASER CLINICS

Mission Square Building – #920, 2424 - 4 ST. S.W.  
T: (403) 802-0300 • F: (403) 802-0301

You don't have to sign up for years  
to get savings today.



No contracts. No fees. Ever.

Dial **10-10-925** and save today.

**North America**

just dial **10-10-925 + 1**  
+ area code + number.

**5¢**  
a min.  
Canada & USA

**Overseas**

just dial **10-10-925 + 011**  
+ country code + number.

**9¢**  
a min.  
Germany

**9¢**  
a min.  
Italy

**yak** I can't believe  
it's a phone company.

**1-866-473-0690** or visit [www.yak.ca](http://www.yak.ca)

Terms of service apply, visit [www.yak.ca](http://www.yak.ca) for details. Calls to cellular destinations or special country code terminations may be billed at a higher rate. Rates effective January 1st, 2009 and subject to change without notice.

metro

metronews.ca

Thursday, February 12, 2009

## 4 local

**Gas prices rise by almost a dime at many Calgary pumps**  
Industry expert Michael Ervin says this is because of U.S. refineries curbing production due to the economy, causing gas prices to swing up. **METRO CALGARY**



ALICIA FOX/FOR METRO CALGARY

Business was back to normal early yesterday morning at the Real Canadian Superstore in Calgary after it was temporarily shut down the day before because of mice.

## Mice more common than people think

ALICIA FOX  
for Metro Calgary



**Those little squeakers rummaging for food might be embarrassing, but mice certainly aren't uncommon, and Alberta Health Services doesn't always get involved when there's a problem.**

"Sometimes it's very difficult to keep mice out of the building, especially in a place like the Superstore — they sell everything," Keith Petrie, owner of Cal-Rid Exterminator, said.

Petrie said mice will hang around where it's

warm, especially if there's an abundance of food, and said any food establishment needs ways to control pests.

"Most of the commercial buildings have a really good pest control program," he said, adding that problem places include pet stores, bio-food stores, and meat shops. "Mice will eat anything."

Bruce Conway with Alberta Health Services said health inspections are done on a complaint basis so if there are no complaints, they don't go in.

He said there's no way of speculating how many in-

festations go unreported, but it's incumbent upon the businesses to provide a safe consumer product.

"Suffice it to say that at this time of year especially, mice can get into cracks in walls and companies have to be vigilant," he said, adding that "one mouse is too many."

The Westwinds Real Canadian Superstore was shut down by Alberta Health Services Tuesday due to a mouse problem, but reopened yesterday after meeting conditions set out by health services, which included thoroughly sanitizing the store.

## News in brief

**CHARGES** Calgary-based RCMP Const. Hoa La is facing charges of extortion, harassment, perjury and fraud over \$5,000, the agency announced yesterday. Hoa has been with the force for 12 years and has been under investigation since 2006, suspended with pay.

**COUNTDOWN** Today at 6 p.m., Alberta is going to get loud.

The Vancouver Organizing Committee for the 2010 Olympic Games invite Albertans to honk their horns, blow whistles or ring church bells to celebrate the one-year countdown to the games.

**BLAZE** Investigators are continuing to look into a fire that destroyed two homes and caused damages of \$2.75 million in the community of Cranston early Tuesday morning. They say it was likely started by a construction heater and have sent it to a lab for further testing.

**METRO CALGARY**

Bizzykeyz.com

**SPECIALIZING IN INNOVATIVE COMPUTER AND GAMING ACCESSORIES**

**EXPERIENCE THE THRILL OF GAMING WITH THE GOODS AND SERVICES PROVIDED BY BIZZYKEYZ**

sales@bizzlykeyz.com      www.bizzlykeyz.com

**ShareYourViews**

calgaryletters@metronews.ca

TELUS AUTHORIZED  
DEALERS

CALGARY NORTHWEST

Market Mall  
Beacon Hill Centre  
Central Landmark Mall  
Dalhousie Station  
North Hill Mall  
Northland Mall  
822 Crowfoot Cres. NW  
207 14th St. NW

NORTHEAST

Country Hills Towne Centre  
Deerfoot Mall  
Marlborough Mall  
Sunridge Mall  
2420 42nd Ave. NE  
1353 32nd Ave. NE  
2520 23rd St. NE  
2000 McKnight Blvd. NE  
323 - 2555 32nd Ave. NE

SOUTHWEST

Chinook Centre  
Bankers Hall  
Bow Valley Square  
MacLeod Plaza  
Southcentre Mall  
TD Square  
Westbrook Mall  
Westhills Towne Centre  
6039 Centre St. S  
835 17th Ave. SW  
245 - 225 7th Ave. SW  
16061 MacLeod Trail S  
264 - 6100 MacLeod Trail S  
1 - 4623 Bow Trail SW  
203 - 321 6th Ave. SW  
5 - 2008 33rd Ave. SW  
4825 MacLeod Trail S

SOUTHEAST

Dragon City Mall  
TELUS Convention Centre  
856 - 33 Heritage Meadows Way SE  
1288 42nd Ave. SE  
7845 Flint Rd. SE  
4410 50th Ave. SE  
3012 17th Ave. SE  
10836 24th St. SE  
109S - 8500 MacLeod Trail S  
4949 Barlow Trail SE  
**Okotoks**  
181 - 31 Southridge Dr.  
118 Elizabeth St.  
**Strathmore**  
8 - 55 Wheatland Trail  
103 - 331 3rd Ave.

# Clickalicious.



\$249.99\*

BlackBerry® Storm™ 9530 smartphone

Meet the Storm – the first-ever touchscreen BlackBerry smartphone. It feels better than anything you've held before, because the screen actually clicks like a button when you press it. Feel it for yourself at TELUS.

Get the 3G BlackBerry Storm on Canada's largest 3G network.

**TELUS**  
the future is friendly®

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit [telusmobility.com](http://telusmobility.com) or call 1-866-264-2966.

FUTURE SHOP

BEST BUY

WAL-MART

LONDON DRUGS

Visions  
THE BEST NAME IN ELECTRONICS

Phone availability and price may vary. Prices are subject to change without notice. \*Available until March 31, 2009. Effective net price after in-store discount at time of activation. Available for clients (new and renewal) who activate voice and data service with a combination of a voice rate plan and a data add-on totalling \$45 or more on a 3 year term. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. © 2009 TELUS.



# express your love

this Valentine's Day, Saturday Feb. 14th!

Offer runs Thursday, Feb. 12 to Saturday, Feb. 14

**RECEIVE  
20X  
HBC REWARDS  
CREDIT POINTS\***

When you make a **FRAGRANCE**  
purchase of \$50 or more (before taxes)

When you use your Hbc<sup>†</sup> MasterCard® or Hbc Credit Card.

**OR**

Receive **10X HBC REWARDS BASE  
POINTS\*\*** when you make a **FRAGRANCE**  
purchase of \$50 or more (before taxes).

Offer ends Saturday, Feb. 14th.



**AND...**

**ATTENTION BEAUTY VIP SAVINGS  
PASSPORT HOLDERS!  
BE SURE TO REDEEM YOUR  
\$10 SAVINGS THIS MONTH**

Delight yourself or that special someone this Valentine's Day with  
a treat from our extensive selection of fragrance gifts!



\*Total Base points = 20 x (dollar amount x 50). Credit points will be earned in the usual amount, i.e. 50 points per dollar.  
In other words, you will receive 1000 points per dollar spent.

\*\*Total points = 10 x (dollar amount x 50). In other words, you will receive 500 points per dollar spent.

This offer cannot be combined with any other bonus offer. If you refund the purchase(s) made in connection with this offer, points will be reduced by the bonus amount, using the same formula. Terms and conditions of the Hbc Rewards program found online at [www.hbc.com/rewards](http://www.hbc.com/rewards) apply to this offer.

<sup>†</sup> Registered trademark of Hudson's Bay Company. ® Registered trademark of MasterCard International Incorporated.  
Used pursuant to license.



**BEAUTY**  
*at the Bay*

The owner of Peanut Corp. of America, the company blamed for a salmonella outbreak that may have killed eight people, refused to answer questions before Congress yesterday, while internal company memos showed him complaining about loss of profits while the scare was investigated. **REUTERS**

# World

## Israel faces gridlock after vote

**ELECTION** Israel headed for political gridlock yesterday with both sides declaring victory in an election.

Foreign Minister Tzipi Livni's centrist Kadima party won with 28 seats, but had little chance of building enough support for a coalition. Right-wing opposition leader Benjamin Netanyahu, with 27 seats, can get the backing of the majority rightists in parliament, but analysts said the likely alliance would prove dysfunctional.

President Shimon Peres must now decide whether to call on Livni or Netanyahu, who then has 42 days to form a government. An official election tally is due out by Feb. 18, after which Peres would have a week to make his nomination.

As the parties began negotiating possible pacts, Israeli media said it seemed Peres would have no choice but to tap Netanyahu if the majority rightists all back him.

It would be the first time in Israel's 60-year history that the winner of an election would be passed over.

Avigdor Lieberman's far-right Yisrael Beiteinu party and the conservative Shas met with both Livni and Netanyahu yesterday.

**REUTERS**

## Stimulus finalized at \$789B

**U.S. congressional negotiators** yesterday reached a deal on \$789 billion US in emergency spending and tax cuts, handing a big victory to U.S. President Barack Obama in his effort to pull the economy out of a steep tailspin.

Negotiators in the House and Senate overcame an apparent last-minute snag on funding to help states plug growing budget deficits and money to renovate schools that Obama had sought.

### By the numbers

- About 36 per cent of the package is in tax cuts; the rest is in spending. Individuals will receive \$400; couples will receive \$800.
- A Republican senator said a \$54-billion fund will help states plug growing deficits and modernize schools.

The huge package is aimed at reversing a deep recession and news of the compromise sent U.S.

stock markets higher. A majority of negotiators approved the deal, possibly setting up votes in the House and Senate today, but the timing could slip.

Obama said in a statement the deal would help save or create millions of jobs and "provide immediate tax relief to families and businesses, while investing in priorities like health care, education, energy and infrastructure that will grow our economy once more." **REUTERS**

## Oklahoma Tornado aftermath



Dylan Franks, 2, plays amid tornado damage in Lone Grove, Okla., yesterday. A tornado killed eight people and injured 14 when it struck the small town Tuesday night. Up to 30 people were still missing, officials said. Local media are reporting the death toll could climb to 15.

## News in brief

**STUDY** Illegal anti-impotence drugs, counterfeit drugs and herbs contaminated with the diabetes drug glyburide have caused 150 cases of

dangerously low blood sugar, a study says.

**GIVEAWAY** Out of job or home? Diamonds Direct of St. Petersburg, Fla. is giving away

100 sterling silver pendants worth \$99 US each to anyone who comes into the store with a layoff or foreclosure notice.

**RUSSIA** Troops in Russia's North Caucasus region shot dead seven suspected rebels yesterday in a firefight after they resisted arrest. **REUTERS**

## It pays to quit smoking

A study of 878 General Electric workers at 85 different facilities around the United States found that people were three times more likely to stay off cigarettes for at least six months if they were rewarded up to \$750 US. Earlier studies suggested cash incentives did not work, but those tests had used rewards as low as \$10. **REUTERS**

## Octuplets mom goes into hiding with 6 kids

**CONTROVERSY** California's octuplets mom, already jobless and receiving food stamps, has gone into hiding with her six older children, ages two to seven, because of death threats, her spokesman said yesterday.

Nadya Suleman, 33, has come under mounting public ridicule for expanding her already large family via fertility treatments that led to the Jan. 26 birth of six boys and two girls.

That criticism has mushroomed as it was reported

**REUTERS**

## China rejects rights suggestions

**RIGHTS** China rejected calls from Western and some Latin American countries yesterday to end the death penalty and to agree to enforce human rights, including allowing independent labour unions.

But it agreed to suggestions by Cuba that it ensure firm action against "self-styled human rights

defenders working against the Chinese state and people" and from Iran to reinforce censorship of the Internet to limit "defamation of religion."

China's stance on these and other issues emerged in United Nations Human Rights Council in Monday's discussions of Beijing's rights record. **REUTERS**

## U.S. labels group a Tiger affiliate

**SANCTION** The U.S. Treasury imposed sanctions yesterday on a Maryland foundation, accused of being part of a support network for the Tamil Tiger rebel group battling the Sri Lankan government.

The Tamil Foundation was a front for the Liberation Tigers of Tamil Eelam, the Treasury said. The sanctions allow the U.S. government to freeze assets and prohibits U.S. banks and consumers from conducting business deals with it. **REUTERS**

## Birds shift north on climate change

**STUDY** Climate change is pushing American birds northward, with some finches and chickadees moving hundreds of miles into Canada, an Audubon Society study reported yesterday.

Correlated with weather data, the society's scientists found that over a 40-year period and as weather grew warmer, 58 per cent of 305 widespread bird species found in the contiguous United States shifted significantly to the north. **REUTERS**



Stop paying \$300 or more for eyeglasses when you can get the exact same brand names from only \$38, lenses included.

Visit ClearlyContacts.ca and check out our huge selection of designer frames by Gucci, Dior, Nike, Calvin Klein, Ltele and many more.



**ClearlyContacts.ca**  
Canada's Largest Optical Store

## LOCAL

Publisher, Steve Shrout  
Managing Editor, Darren Krause

Distribution Manager, Dave Mak

## NATIONAL

Group Publisher, Bill McDonald  
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert  
Enter/Lifestyle Editor, Dean Lisk

Art Director, Laila Hakim  
Interactive/Mktng Director, Jodi Brown

# Comment & Views

## Comment

## The Afghan conundrum

## Home &amp; Abroad

**Andrew Cohen**

Canada & world insight

For months, perhaps years, we have heard how the situation in Afghanistan is deteriorating.

The spread of corruption, the return of the Taliban, the ineptitude of the police, the mounting violence, as we saw again yesterday — all suggest a war that seems unwinnable in a country that seems ungovernable.

Last weekend, in Munich, representatives of NATO met to discuss the Afghan war, which has been going on since the fall

of 2001. It is an important annual meeting of the alliance, which traditionally draws a country's leading representatives.

The United States sent its vice-president, its secretary of state, and its newly appointed special envoy to the region, the much-travelled, highly esteemed former ambassador, Richard Holbrooke.

How bad are things? This is how Holbrooke put it: "Let's not kid ourselves: The task ahead of us is far, far more difficult than anything that has been said this morning. I have never, in my experience in the U.S. government that started in Vietnam, ever seen anything as difficult as the situation that confronts the countries involved in Afghanistan and Pakistan at this point. We've only scratched the surface."

Holbrooke noted, with disdain, the members of NATO who pledge help and deliver none. In the distribution of foreign assistance, he lamented that he has "never remotely seen anything like the mess we've inherited." On the whole, he said, the challenge in Afghanistan is "tougher than Iraq."

(For these references, I am indebted to my colleague, Paul Wells of Maclean's, the only Canadian journalist to cover the conference. He has posted some of the proceedings on his blog).

What Holbrooke says is supported by Ahmed Rashid, the Pakistani journalist and author who has written widely on Afghanistan. In *Descent Into Chaos*, his examination of the failure of nation-building in Afghanistan, he says Iraq is a sideshow. Afghanistan is the home of

the Islamic insurgency, and we're losing — though he adds that it isn't too late.

And what about Canada, which plans to leave Afghanistan in 2011? Defence Minister Peter MacKay, Canada's lone representative at the conference, offered a few platitudes, but concluded, "the Alliance has achieved notable successes in Afghanistan."

He said, though, that "we still have a long way to go." It neatly sets up the critical question for Canada as the Americans, who are sending more troops to Afghanistan, ask us to reconsider our departure.

Will we note the successes, declare victory and leave? Or will we acknowledge the failures, fear defeat and stay?

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



## Letters

## History is replete with atrocities masked by religion

Re: Atheist ads promote debate, understanding (Feb. 5)

It appears many readers are upset at the possibility of some lighthearted advertisements that suggest atheism has a right to exist. I support and encourage these ads.

One reader claimed a lack of religion as the reason for "murders and rapes." This despite the fact that only last year the Pope himself was compelled to apologize for centuries of church-shielded sexual abuse.

Murders? 9/11 was a religiously driven mass murder. History is replete with atrocities masked by the banner of religious expedience and countless innocent lives lost in the name of someone else's "one true path."

Another reader claims that, "in a time of war" it is distasteful to have such advertisements.

If your readers are acquiescing to a religious authority above our right to free thought, then perhaps they have more in common with the zealot Taliban. Our troops should be

honoured, but not by using their sacrifice to encourage a theocracy at home.

RICK KAULBARS, OTTAWA

## Money for ads could have been spent more wisely

Re: Atheist ads promote debate, understanding (Feb. 5)

In a time when people are losing their jobs, their homes and still have bills to pay, are these skeptics' bus ads really productive and necessary for the public to read?

What is the basis of promoting such ads? Is it to provoke others, to communicate a message or just to make trouble? Are these messages really positive?

In advertising, free speech does have limitations and a sense of responsibility. People just can't write whatever they like without public reaction and consequence, whether the ad is a public service or promoting a product or service.

I feel the money spent by skeptics to place ads is not spent constructively and is unnecessary when that money could have been better spent for charities, homeless shelters or towards a fallen economy.

LAURA GOMEZ, BRAMPTON, ONT.

## Views

## Political games behind the 2010 Games

## The West View

**Paul Sullivan**

Journalist & Media Consultant

The 2010 Winter Olympics are exactly one year away.

I suspect most Canadians greeted by that news will smile a little and start hoping we win lots of medals, or, if nothing else, gold in hockey.

The last time we hosted the Winter Olympics, in Calgary in 1988, we all had a good time, but Canada didn't win any gold medals. This time we look good for gold in skiing, snowboarding, hockey, skating, and maybe even a couple of sledding events.

So the excitement is starting to build across the country, fuelled by those cute little Royal Bank Olympic

## VANCOUVER 2010 Games

campers.

Now that there's one year to go, that's the signal to ramp up the wailing, the gnashing of teeth.

If you're an environmentalist, it's time to get even more uncivilly disobedient over the loss of arbutus groves and animal habitat to make way for improvements to the Sea to Sky Highway to Whistler.

If you're a taxpayer, it's your cue to get increasingly furious that no one really knows how much the Games will cost, but you know you'll get stuck with the bill. Right now, the Vancouver Olympic Commit-

tee says they'll cost \$1.75 billion, but, of course, you'll choose to believe the critics who say the real cost is closer to \$6 billion or \$7 billion. Who has the real credibility, anyway? VANOC CEO John Furlong or some blogger?

If you're a social activist, it's time to kick some real butt. Why haven't these billions gone to provide shelter for the homeless, help the sick and feed the poor? Instead of spending \$1 billion on a stupid convention centre (when you already have one) just spend it on eliminating homelessness. Spray paint the Olympic countdown clock. That'll teach 'em.

Now, if only we can make it through the next 12 months. Let the pre-games games begin.

Do you agree or disagree? Email Paul Sullivan at calgaryletters@metronews.ca.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting.



It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## WestJet earnings drop 46%

**RESULTS** WestJet Airlines Ltd., Canada's No. 2 carrier, said yesterday its fourth-quarter earnings fell 45.9 per cent due to the turmoil in the economy that has affected the entire airline industry, and warned that its first-quarter results may be weaker.

The company earned \$40.8 million, or 32 cents a share, in the quarter, which is down from \$75.4 million, or 57 cents, in the

fourth quarter of 2007.

While airlines have benefited from a plunge in fuel costs as oil prices fall, the weak economy is squeezing profits.

Sean Durfy, WestJet's chief executive, said in a statement that the company expects its revenue per available seat mile (RASM), a key profitability ratio, to fall in the first quarter of this year.

REUTERS

## RIM sees profit at lower end

**EARNINGS** BlackBerry maker Research in Motion yesterday forecast profit at the low end of expectations because businesses are not buying its latest smartphone upgrades in the economic downturn.

RIM's shares tumbled more than 15 per cent after the warning, which overshadowed an unexpected jump in BlackBerry subscriptions. The company, which competes with Apple Inc. and Nokia, said net subscriber account ad-

### New models

- Flashy new smartphones such as the touch-screen Storm or high-end Bold were attracting new sales, the company said, but existing customers were not upgrading as frequently as expected.

ditions are running 20 per cent higher than the 2.9 million it forecast on Dec. 18.

REUTERS

## SERVICE DIRECTORY

TO ADVERTISE CALL BLAINE SCHLECHTER 403.444.0136

### LEGAL

**QUICK, EASY, INEXPENSIVE**

## DIVORCE

**LOWEST PRICES IN CALGARY** From \$399

10 years as family mediators and out-of-court divorce specialists

**Call now 403-477-8895**  
divorceeasy499@yahoo.ca

### PSYCHIC

**Mystic Eye Spiritual Readings**

**47 YEARS EXPERIENCE**  
100% Guaranteed Results

- Palm • Tarot • Crystal Ball • Energy Readings •
- Come in today for a better tomorrow
- PH: (403) 228-2258
- By Appointment Only
- Solve all Problems of Life

### FINANCIAL

**\$500\$ loan service**

by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.

Call toll free:  
**1-877-776-1660**

### DRIVING SCHOOL

**SAVE**

**\$50 off Coupon for Motorcycle**

**\$30 off Coupon for Car**

from regular price!

stampededrivingschool.com  
call: 403-293-5500

Starbucks Corp. yesterday said it issued more than 1,000 pink slips related to its newest round of job cuts. The coffee chain in January said it would close 300 additional outlets and slash as many as 7,000 jobs as it cuts costs. REUTERS



## Canada posts trade deficit

Exports plunge 9.7% on energy products, industrial goods

**Canada unexpectedly posted its first trade deficit in almost 33 years in December on plunging exports and weakness in the crucial U.S. market, prompting analysts to predict the days of regular multibillion-dollar surpluses were over for the time being.**

Statistics Canada said yesterday that the December deficit was \$460 million, the first deficit since the \$79 million recorded in March 1976. Analysts had on average predicted a surplus of around \$800

**"It's predictable when we're in a worldwide downturn ... and some of our major purchasers ... are going through very difficult times."**

million after the \$1.16 billion surplus in November.

The figures demonstrate just how seriously the global crisis is hurting Canada, a leading commodity producer that relies heavily on trade with the United States. They also reflect the impact of lower energy prices.

Exports plunged by 9.7

per cent to \$35.30 billion – the fastest month-on-month decrease since the 14.2 per cent recorded in October 1982 – on the falling value of energy products and industrial goods.

Imports dropped by 5.7 per cent to \$35.76 billion on lower volumes of machinery, automotive prod-

Stockwell Day

ucts and industrial goods. Exports to the United States – which takes around 75 per cent of all Canada's exports – dropped by 10 per cent.

"It's predictable when we're in a worldwide downturn ... and some of our major purchasers – the United States, China – are going through very difficult times and therefore they're buying less," said Trade Minister Stockwell Day, while declining to predict whether Canada would now see a string of trade deficits.

REUTERS

## Nova Scotia Seal hunt postponed



PAUL DABROWIAK/REUTERS

A Humane Society of the United States cameraman films a herd of Grey seals on Hay Island off the coast of Nova Scotia. East Coast sealers postponed the hunt for 2,200 seals on the island after failing to find a buyer for the pelts.

## BCE reports loss, expects 2009 gain

**TELECOM** BCE Inc., Canada's biggest telecom company, reported a fourth-quarter loss yesterday, reflecting restructuring charges and writedowns on investments, but said it expected earnings to increase more than five per cent in 2009.

BCE said it lost \$48 million, or six cents per share, in the quarter, compared with a year-earlier profit of \$2.35 million, or \$2.93 per share.

REUTERS

### In brief

**GAS** Regulatory delays have worsened the odds that the \$16.2-billion Mackenzie gas pipeline in Canada's Far North will ever be built despite a promise of help from Ottawa, TransCanada Corp.'s chief executive said yesterday.

## Career Finder

To advertise contact Cherrie Crisostomo  
at t: 403-539-4952 or  
e: cherrie.crisostomo@metronews.ca



**HAVE FUN MAKING MONEY AS  
AN ACTOR OR MOVIE EXTRA  
ON CALGARY FILMS?**

**CONTACT ROBIN (403)-521-0077**

**Metro Supports  
Give Girls A Chance!  
Educate a Girl. Change the World.  
www.givegirlschance.org**

North America's largest producer of Family entertainment has immediate openings for full time call center sales staff. We offer: Weekly pay, Bonus incentives and a great work environment! Our Top salespeople enjoy what they do and earn up to \$50k. If you have a great attitude and love to talk, Call us today. Located 1 block from the 39th Ave C-Train Station on Macleod Tr. Anthony or Marty 9am to 9pm  
**403 531 6179**



## Job At Home

**\$487.68 Weekly.**  
Mail Work, Assemble Products  
or Computer Work.  
[www.TopJobAlberta.com](http://www.TopJobAlberta.com)  
Or Write to: CHR Jobs  
900 Greenbank Road  
Suite #415 • #916-MC1  
Ottawa ON, K2J 4P6

**Walker, Whitt headed to Canadian Hall**

Larry Walker and Ernie Whitt lead this year's class of inductees for the Canadian Baseball Hall of Fame.

Bernie Souliere and the late Roy (Doc) Miller will also be inducted June 20 in St. Mary's Ont. METRO NEWS SERVICES

# Sports

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA

## Flames lose in OT

LAURENCE HEINEN  
for Metro Calgary**NHL RESULT****Ducks 3 Flames 2 (OT)**

**THE SKINNY:** Scott Niedermayer scored his second goal of the game 55 seconds into the extra session to lead the Ducks to their second win in five days over the Flames.

**THE SAVIOUR:** Miikka Kiprusoff stopped 37 shots in regulation to help the Flames earn at least one point and was named the game's first star. Kipper made several highlight-reel saves including a pad stop on a close-in shot by Chris Kunitz late in the second period.

**FAITHFUL FANS:** The stands at the Honda Center in Anaheim were filled with lots of red and white jerseys as



hundreds of Flames fans made the trek to sunny California to take in the game.

**FAN REACTION:** "It's awesome," said faithful Calgary fan Shane Walker, 23, who cheered loudly when Todd Bertuzzi gave the Flames a 1-0 lead 2:55 into the opening frame. "I almost lost my voice."

**THE BIG HIT:** Dion Phaneuf flattened Anaheim forward Andrew Ebbett with a shoulder check just inside the Calgary

Anaheim Ducks Chris Kunitz and Chris Pronger battle with Calgary's Dion Phaneuf yesterday.

blue-line late in the second period.

**THE NEXT GAME:** The Flames continue their three-game road trip when they face the L.A. Kings at the Staples Center tonight (8:30 p.m., Sportsnet, Fan 960).

## Keenan deserves credit

When the Flames struggled through a middling 2007-08 season and lost to San Jose in the first round, I wrote that GM Darryl Sutter should fire coach Mike Keenan.

It was based on a number of reasons. With Keenan behind the bench, the Flames didn't show any improvement during the season (two fewer points than the Flames had under Jim Playfair the year before) and couldn't coach his troops to a higher standard in the playoffs.

It also bothered me that Keenan somehow brought out the worst in skilled forwards Alex Tanguay (a career point-per-game performer reduced to 18 goals and 58 points in 78 games) and Kristian Huselius (from 34 goals and 77 points in 2006-07 to 25 goals and 66 points.) They became passive, vacant sweater holders by the playoffs.

The Hockey News

**Brian Costello**

thehockeynews.com

Presumably, they weren't Keenan-type players. That's fine if Keenan instead found other forms of secondary scoring. But he had no confidence in Dustin Boyd or David Moss and their development stagnated.

What's the point, I wrote, keeping Keenan and have him alienate more players?

I'm ready and willing to eat my words based on what I've seen this season. Sutter deserves a ton of credit bringing in Mike Cammalleri, Todd Bertuzzi, Rene Bourque, Curtis Glencross and Mark Giordano.

But it's Keenan who's responsible for working them into ideally suited roles and

being wise enough to mix them up to create freshness and hunger.

Keenan has also reportedly mellowed in his handling of players to a certain extent, which will surely extend his shelf life as a coach. The growth and maturation of youngsters Moss, Boyd, Eric Nystrom and Adam Pardy can also be linked to Keenan being bold enough to issue faith and confidence before it was won.

I take back what I said about Keenan last spring. But I'd like to see more before I'm totally convinced.

I want to see how Keenan gets the Flames out of this February funk where they lost four straight games.

I want to see how he lights a fire under Daymond Langkow and how he'll overcome Miikka Kiprusoff being tired and over-worked by the post-season.

And I want to see Keenan out-coach his rivals in the playoffs.

**SCOREBOARD****NHL**

YESTERDAY'S RESULTS  
Ottawa 3 Buffalo 1  
Chicago 3 Atlanta 1  
Minnesota 3 Colorado 2  
New Jersey 4 N.Y. Islanders 2  
N.Y. Rangers 5 Washington 4 (SO)  
Phoenix 1 Dallas 0  
Pittsburgh 2 San Jose 1 (SO)  
Montreal at Edmonton  
**CALGARY** at Anaheim

**TONIGHT'S GAMES**

**CALGARY** at Los Angeles  
Ottawa at Philadelphia  
Florida at Carolina  
Toronto at Tampa Bay  
Minnesota at Detroit  
St. Louis at Nashville  
Vancouver at Phoenix

**NBA**

YESTERDAY'S RESULTS

**ACCESS LEGAL RESEARCH INC.**

- CRIMINAL PARDON/U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

**CALL**  
**403-228-2469**



## Maybe this time it will take

Brett Favre told the New York Jets yesterday he was retiring after 18 seasons, ending a record-setting career in which he became one of the NFL's all-time greats. He or the team does not expect a change of heart. Last March, Favre announced his retirement from the Packers only to change his mind three months later and force a trade to the Jets.

METRO NEWS SERVICES

## One year: 10 to watch in '10

One year from today, the 2010 Vancouver Winter Olympics begin. Here are 10 Canadian medal hopes to keep in mind:

**VANCOUVER 2010 Games****Steve Omischl, men's moguls**

He's won everything else in his sport: a world title, and three Crystal Globes as the overall World Cup freestyle aerials champion.

**Kristina Groves, long track speed skating**

With Cindy Klassen and Jeremy Wotherspoon both trying to come back from serious injury next year, Groves could be the team's star.

**Pierre Lueders, two-man bobsleigh**

He's going to have hundreds more runs on the Olympic layout in Whistler than his competitors plus he finally has a decent budget for equipment.

**Canada's curling teams**

Reigning world champion Jennifer Jones is the most likely representative on the women's side, while Glenn Howard and Kevin Martin will battle it out among the men.

**Alex Bilodeau, men's moguls**

Jennifer Heil calls Bilodeau her "little brother," but this 21-year-old takes a backseat to no one.

**Patrick Chan, men's figure skating**

The world championships next month in Los Angeles will be a big stepping stone for the 18-year-old Torontonian.

**Clara Hughes, long track speed skating**

She's got two Olympic bronze medals in cycling from the 1996 Atlanta Games and a gold, silver and bronze in Olympic speed skating in '02 and '06.

**Tessa Virtue/Scott Moir, ice dancing**

It's felt that they've got the goods to win the whole thing in 2010.

TORSTAR NEWS SERVICE

**la fleur**  
Floral Boutique

Valentine's Day, February 14<sup>th</sup>

Address: 103-100 7 Ave Sw, Calgary, AB T2P 0W4  
Email: [lafleurfloral@yahoo.com](mailto:lafleurfloral@yahoo.com)  
Phone: 403.266.1707

All major credit cards are accepted.

Five-time baseball all-star Miguel Tejada pleaded guilty in U.S. federal court yesterday to lying to Congress about his knowledge of other baseball players using steroids. Tejada will be sentenced March 25. METRO NEWS SERVICES

## Bombshell suit claims Alomar has AIDS

**Former Toronto Blue Jay  
Roberto Alomar is no  
stranger to the spotlight.**

But by any standards, allegations made by a former live-in girlfriend that Alomar has full-blown AIDS are shocking and sensational in the extreme.

Alomar is alleged in a lawsuit to have insisted on having unprotected sex, while claiming repeatedly that he was disease free, with ex-girlfriend Ilya Dall, 31. She makes the charges in a bombshell suit that was reported in the New York me-

dia yesterday. In papers filed in state and federal court in New York, Dall said Alomar, 41, was told repeatedly by doctors to get tested for HIV and finally did so January 2006.

Alomar has not commented on the suit but his lawyer,

Charles Bach, would not say whether Alomar is HIV-positive. "We believe this is a totally frivolous lawsuit," he told the New York Daily News.

"These allegations are baseless. He's healthy and would like to keep his health



status private." Alomar's father, Sandy, who is bench coach for the New York Mets, told the newspaper from his winter home in Puerto Rico: "That's the first time we ever heard of that," adding that if his son was seriously ill, "I

imagine I would know." Dall's relationship with Alomar began in 2002, according to the suit. Alomar retired in 2005. Around that time, the court papers allege, Alomar told Dall he "was raped by two men after playing a ball game in New Mexico or a southwestern state, when he was 17 years of age." TORSTAR NEWS SERVICE



# Give yourself a tax break. Talk to an RBC® advisor and ask about how a Tax-Free Savings Account can work for you.

To talk to an RBC advisor,  
call 1-800-463-3863,  
visit your local branch,  
or visit [rbc.com/tfsa](http://rbc.com/tfsa)

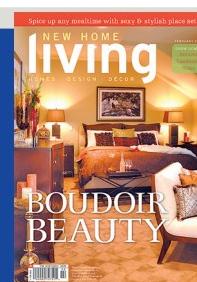
RBC's Tax-Free Savings Account is a great new way to help you realize both your short and long-term goals sooner. An RBC advisor works with you to create a plan that encompasses your complete investment picture.



**CREATE**  
A FUTURE WITH PEACE OF MIND

# Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



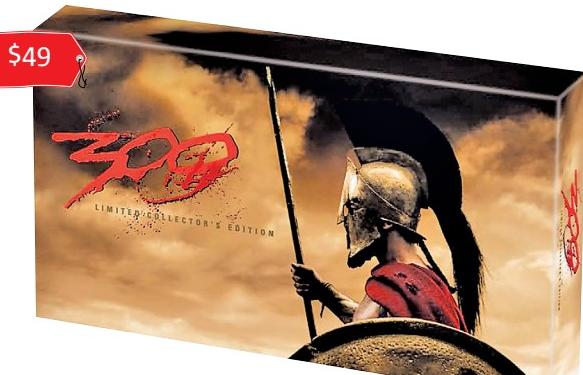
A METRO JOINT VENTURE WITH:

## Sweetheart deals

Love is in the air, and nothing says love like the perfect gift to show you care on Valentine's Day. Though some may think of this day as a pseudo-holiday created only to spur commercial spending, the romantic heart likely begs to differ. Classic standbys like flowers and chocolate are always guaranteed to work, but some thought has to be given as to where you get them (stuff from the supermarket does not exactly res-

onate with romance). Accessories — better yet, personalized accessories — will always put you in the good book with your beloved. Then, of course, there are the more risqué items destined to heat up the Feb. 14 evening. Money can't buy you love, so here's a rundown of what can. Consider them today's aphrodisiacs.

PHOTOGRAPHY AND TEXT BY  
PEPPER RODRIGUEZ  
EDITED BY METRO



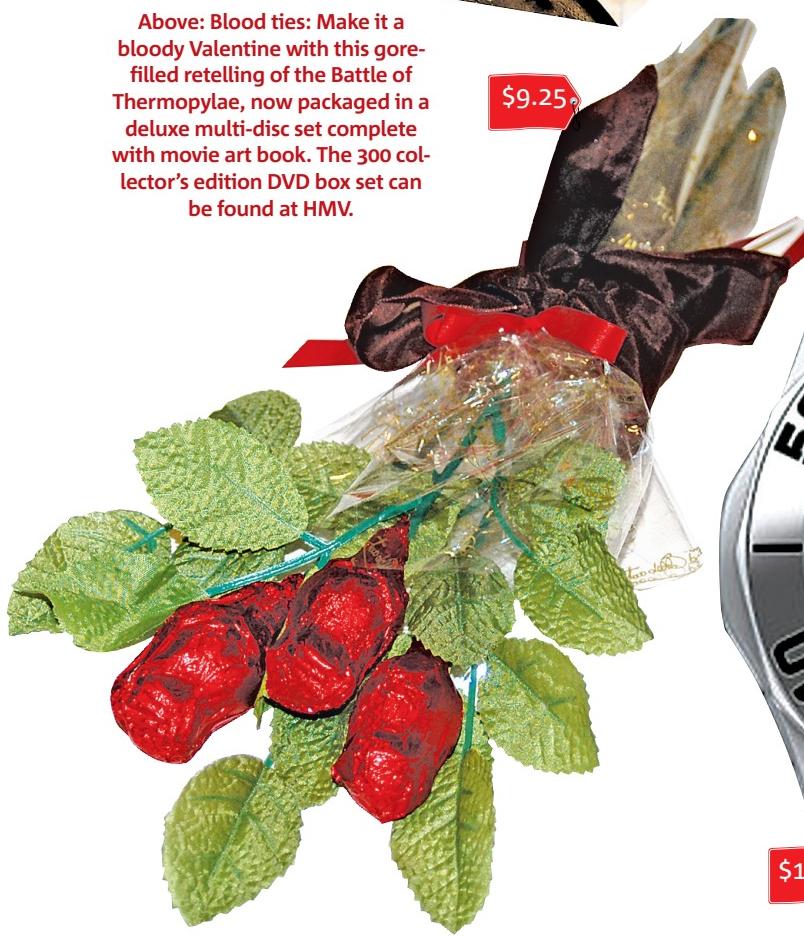
Above: Blood ties: Make it a bloody Valentine with this gore-filled retelling of the Battle of Thermopylae, now packaged in a deluxe multi-disc set complete with movie art book. The 300 collector's edition DVD box set can be found at HMV.



Above: Off the cuff: Birks Impression Collection cufflinks are the ultimate power dressing accessory for men. Sterling silver cufflinks designed in celebration of Birks' 125th anniversary. At Birks.



Be her prints charming: Bring out the inner playmate in your partner with this sexy sheer, two-piece floral print slip. At La Senza.



Above: A rose by any other name: Have your rose and eat it, too, with a sweet treat from none other than the name synonymous with chocolate. This long-stemmed, chocolate-bud goodness from the world-renowned Calgary-based chocolaterie is perfect for the sweetheart with a sweet tooth. At Bernard Callebaut.

Right: Tag, you're it: A masculine piece of stainless steel bling featuring scratch-resistant sapphire crystal, the Tag Heuer Aquaracer men's watch will surely rock his world. At Birks.



Good as gold: You can't profess love better than with this 18-carat white-and-yellow gold Birks anniversary band ring set. Part of Birks' Petal Collection, the striking bands feature five rubies and six diamonds. At Birks.

### 100% FINANCING STILL AVAILABLE UNTIL APRIL 30<sup>th</sup>, 2009

One Alberta regulated lender is still offering 100% financing at discounted mortgage rates. 100% financing 5-year rate at 4.9%.



Strong credit and income is required.  
Call for pre-approval 403.466.5363

Layne Walters  
Your Mortgage Team

Rates subject to change. O.A.C.E. & O.E.



403.466.5363 • layne@YourMortgageTeam.ca

"Chemically speaking, chocolate really is the world's perfect food." -Michael Levine, nutrition researcher, as quoted in  
The Emperors of Chocolate: Inside the Secret World of Hershey and Mars. METRO NEWS SERVICES

# Food

**Green & Black's Organic is the world's first organic chocolate brand. Visit [greenandblacks.com/us/recipes.html](http://greenandblacks.com/us/recipes.html) for recipes using their premium chocolate.**

Metro News Services



## How to get it

Available at most major grocery retailers including Sobeys, Metro, Loblaws and Shoppers Drug Mart, the suggested retail price of Green & Black's Organic bars is \$3.89

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

## Love by any other name: Chocolate

### À la carte

**Barb Holland**

Metro Food Writer

Ah, Valentine's Day is quickly approaching and to moi, that means a bit of indulgence and, of course, chocolate.

The good news: Yes, there has been a growing body of credible scientific evidence that chocolate contains a host of heart-healthy and mood-enhancing phytochemicals (women know the mood-enhancing part). Cocoa beans are rich in flavanols,



This recipe satisfies the chocolate craving but is lower in fat.

natural compounds with antioxidant properties found in red wine, purple grape juice, green tea, cinnamon and dark bittersweet chocolate (to name a few).

However, the more a cocoa bean is processed, the less of these potent flavanols are present. There is a lot of chocolate out there, but the best bang for the nutrition buck is dark chocolate

with at least 60 to 70 per cent cocoa.

The not-so-good news: It's an indulgence, yes, but chocolate still has calories and size does matter. Savour and enjoy small quantities of really good quality, delicious chocolate.

#### Heart Healthier Fudgy Brownies

February is also Heart Month, so in that vein,

### Valentine's Day

here is a recipe that satisfies the chocolate-calling voice and is lower in fat and calories. Low fat unsweetened cocoa powder adds a depth of chocolate flavour and ripe banana provides moistness and texture with just a hint of banana flavour.

#### INGREDIENTS:

- 1 oz (30 g) good quality bittersweet chocolate, chopped
- 2 tbsp (30 ml) butter
- 1 cup (250 ml) granulated sugar
- 1/2 cup (125 ml) mashed ripe banana (1 large banana)
- 1 egg
- 1 tsp (5 ml) vanilla

- 1/2 cup (125 ml) all-purpose flour
- 1/4 cup (60 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) salt

#### METHOD:

Preheat oven to 350°F (180°C). Spray sides of an 8-inch (20 cm) square baking pan. Line bottom and two sides with parchment paper (to make a parchment paper sling for easy removal).

Combine chocolate and butter in medium glass bowl. Microwave at Medium for 1 minute or until butter is melted. Stir until chocolate is completely melted. Stir in sugar, then mashed banana until blended. Beat in egg and vanilla until smooth.

In a smaller bowl, combine flour, cocoa, baking powder and salt; stir into chocolate mixture until dry ingredients are completely moistened. Spread evenly in prepared pan. Bake 25 minutes or until toothpick inserted in centre comes out clean.

Cool pan on wire rack 10 minutes. Run spatula around edges, carefully lift parchment paper sling of brownies to wire rack to cool completely. Cut into 16 squares.

**Nutritional information per square:** Calories: 106; Fat: 2.8 g; Carbohydrate: 20 g; Protein: 1.25 g; Fibre: 1 g.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

## JUGO JUICE®

{ CHEERS TO 10 YEARS! }

*Blue* BAYOU

BLUEBERRIES, BANANA,  
APPLE JUICE & LOW-FAT YOGURT

Jugo Juice® is 10 years old! In honour of this milestone we're 'going retro' bringing back some of your feature smoothie faves.



HEALTHY EATING NEVER GETS OLD. START THE YEAR OFF RIGHT WITH A JUGO JUICE SMOOTHIE!

\*AVAILABLE AT ALL CALGARY JUGO JUICE LOCATIONS FOR A LIMITED TIME.



[www.jugojuce.com](http://www.jugojuce.com)

[jugojuce.com](http://jugojuce.com)

**Chocoholic**

"What you see before you, my friend, is the result of a lifetime of chocolate.  
A pound a day often." - Katharine Hepburn METRO NEWS SERVICES

**LiquidAssets****Peter Rockwell**

liquidassets@eastlink.ca

**Bubbly love**

Here's a question for all the guys out there. Are you ready for Valentine's Day? I'm betting most of you aren't. Since it's on a Saturday this year there's no excuse for you not to whip up a little brunch in bed for your sweetie accompanied by a glass of some liquid passion.

For me there's no sexier beverage than sparkling wine. The sad part is that bubbly has such an iconic association with New Year's Eve that it's hard for way too many of you to see it as anything other than a rare occasion sipper.

We should all be drinking them more often if for no reason other than they are super food friendly. Whether Beluga caviar, cheese-smothered nacho chips or a plate of eggs and hash browns; a sparkler's pairing potential is unlimited.

When it comes to romance in a glass nothing beats a fizzy rosé and the easy-drinking Freixenet Cordon Rosado Brut (\$12.95 - \$14.59) from Spain is an inexpensive charmer with a relaxed dry cherry flavour.

If you're all about the fruit Chile's Fresita (\$14.50 - \$18.55) is infused with the essence of real strawberries. It's a candied, red berry bomb that's wildly addictive and screams Happy Valentine's Day.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# Eat! Eat! a real treat

**LunchRush****Carla Ciccone**

**Eat! Eat!**  
1325 9 Ave S.E.  
403-532-1933

**Hours of operation:** Mon-Fri (7 a.m.-5 p.m.), Sat-Sun (8 a.m.-5 p.m.)

**Rating:**

**Price range:** \$\$

**Reservations:** No

**Lunch w/co-workers:** Yes

**Social Lunch:** Yes

**Quick solo lunch:** Yes

**Time in:** 12:00 p.m.

**Ordered:** 12:10 p.m.

**Food arrived:** 12:19 p.m.

**Time out:** 12:45 p.m.

**Total time:** 45 minutes

**Low \$:** French Fries, \$3

**High \$:** Chili Con Carne, \$12

**Lunch menu:** Lunch specials everyday, one main menu

**Licensed:** Yes

Upon entering Inglewood lunch spot Eat! Eat!, a friendly, "Hello! Sit anywhere you'd like" from the waitress sets the tone for a cozy and down-to-earth meal.

Arriving at noon ensures I have beaten the lunch rush at this usually hopping joint. The inviting, bright yellow walls are decorated with artwork available for purchase by local artists, and add to the quirkiness of the place.

Perusing the menu is a treat: With breakfast options offered all day long, and many sandwiches, salads and daily soups to choose from, Eat! Eat! keeps things fresh, tasty and interesting. The lunch special on this particular day is a Monte Cristo with

**try this out****Vanilla sets mood for Valentine's**

**AROMA** Studies have shown the scent of vanilla has a calming effect and helps reduce stress and anxiety — perfect to set the romantic mood this Valentine's Day for you and your partner.

These tips come from Nielsen-Massey Vanillas,

**The Eat! Eat! staff add to its undeniable charm, and even as the eatery fills up to near-capacity, the attentiveness of the waitresses doesn't wane.**

choice of side, but having been here before, I opt for the always-pleasing lasagna.

The cheesy, saucy, meaty piece of lasagna, cooked to perfection in a mini casserole dish, is accompanied by a fresh side salad covered in maple balsamic dressing and a large piece of garlic toast — made mama-style with real garlic rubbed on the bread after toasting. At \$10, it's a steal.

All items on the menu are have that "comfort food" flavour, made with home-cooked care and goodness. You can choose your own cheese, from mozzarella to cheddar, for a grilled-to-perfection grilled cheese, and their oozy, baked French Onion soup is conjured up from scratch.

If there is room for dessert after lunch, try the home made, decadent apple pie with ice cream.

The coffee here is also great — always fresh and made using fair-trade organic beans. The Eat! Eat! staff add to its undeniable charm, and even as the eatery fills up to near-capacity, the attentiveness of the waitresses doesn't wane.

A great place to catch up with friends or to enjoy a solo meal, Eat! Eat!'s unpretentious vibe, friendly servers and consistently good comfort food make it the perfect lunch spot. Eat! Eat! is definitely a treat treat!

**purveyors of pure vanillas and fine flavours:**

- A few drops of pure vanilla extract on a hot light bulb will help scent the room
- A drop or two behind the ears as the perfect perfume
- Add a quarter teaspoon of vanilla to hot chocolate for a warm treat
- Sprinkle vanilla powder on brownies or chocolate cake.

METRO NEWS SERVICES

**Canadian Living recipe of the month**

## Turkey Meatball Soup

**INGREDIENTS:**

- 3 cups (750 ml) sodium-reduced chicken broth
- 2 green onions, sliced
- 1 each rib celery and carrot, sliced
- 1/4 tsp (1 ml) each pepper and dried thyme
- 1 sweet red pepper, chopped
- 1 cup (250 ml) vermicelli egg noodles
- 1/2 cup (125 ml) frozen peas, thawed

**Turkey Meatballs:**

- 1 egg
- 1/4 cup (50 ml) grated onion
- 1/4 cup (50 ml) grated Parmesan cheese
- 2 tbsp (25 ml) minced fresh parsley
- 1/4 tsp (1 ml) each salt and pepper
- 1 lb (500 g) lean ground turkey or veal

**METHOD:**

**Meatballs:** In bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp (15 ml) into balls. Bake on greased baking sheet in 400°F (200°C) oven until digital



YVONNE DUVERVOORDEN PHOTO

For more great recipes, visit metronews.ca.

thermometer inserted in centre of several reads 165°F (74°C), about 15 minutes.

Meanwhile, in large saucepan, bring broth and 3 cups (750 ml) water to boil. Add green onions, celery, carrot, pepper and

thyme; reduce heat, cover and simmer for 10 minutes.

Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes.

Add peas and heat through.

# double dinner deal

2 ENTRÉES PLUS 1 DESSERT FOR ONE GREAT PRICE...

\$22

We've specially selected five great dinner items for the return of a long-time, money-saving abc Country favourite. Join us Sunday to Thursday after 4pm, choose two entrées and enjoy our famous Hot Fudge Mt. Baker to share at no extra charge!



CALGARY:  
Douglaslen  
11520 - 24th Street S.E.  
(403) 720-6600

www.abcCountry.ca

Nivea LipCare CareGloss & Shine, left, comes in red and pink. Available at major drug, pharmacy and mass merchandise stores across Canada for \$3.59 each. For more, go to nivea.ca. METRO NEWS SERVICES

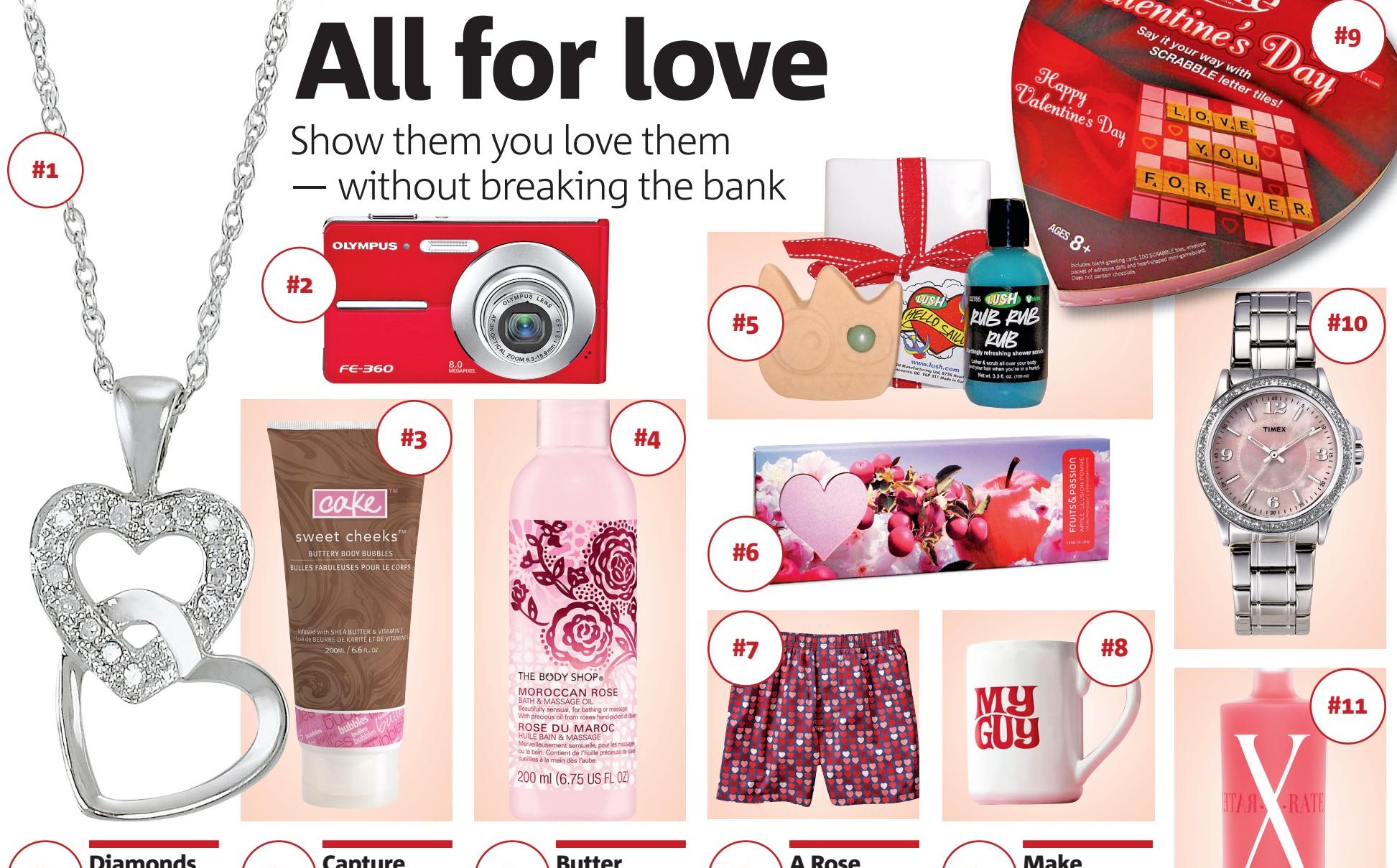


# Valentine's Day

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

## All for love

Show them you love them — without breaking the bank



### #1 Diamonds are forever

Visit: [walmart.ca](http://walmart.ca)  
10K diamond heart pendants in white gold (\$89.88 each), at Wal-Mart.

### #2 Capture his heart

At electronics retailers  
This Olympus FE-360 camera has 3x optical zoom and 8 megapixels (\$129).

### #3 Butter her up

Visit: [cakebeauty.com](http://cakebeauty.com)  
Sweet Cheeks Butter Body Bubbles cinnamon-scented body wash (\$18).

### #4 A Rose for a rose

Visit: [thebodyshop.ca](http://thebodyshop.ca)  
Moroccan Rose Bath & Massage Oil (\$16). Features a fresh, dewy scent.

### #5 Make a splash

Visit: [lush.ca](http://lush.ca)  
Hello Sailor gift set includes sea salt shower scrub rub (\$12.95).

### #6 An apple a day

Visit: [fruits-passion.com](http://fruits-passion.com)  
Effervescent Hearts for the Bath, in Apple Illusion scent (\$6.50).

### #7 All about romance

Visit: [gapcanada.com](http://gapcanada.com)  
Heart-Stamped Boxers in soft cotton (\$18), available at Gap.

### #8 For the coffee lover

Visit: [hallmark.com](http://hallmark.com)  
My Guy mug (\$9.95), available at Hallmark Gold Crown stores.

### #9 Fun and games

Visit: [chapters.indigo.ca](http://chapters.indigo.ca)  
This Scrabble Heart Edition (\$19.99 SRP) is available at Chapters Indigo.

### #10 Happy times

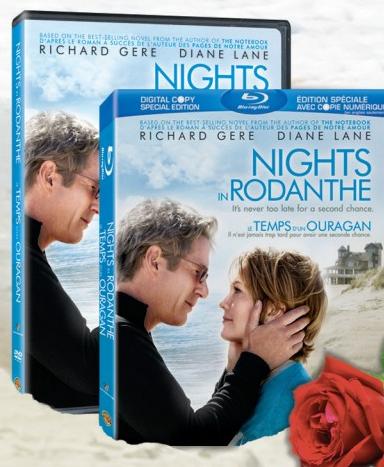
Visit: [timex.ca](http://timex.ca)  
Timex Crystal Collection watch (\$120). At The Bay and Sears.

### #11 X-rated treat

Visit: [xratedfusion.com](http://xratedfusion.com)  
X-Rated Fusion Liqueur (\$35.55 SRP). Perfect with champagne, or over ice.

"A GENUINE HEARTFELT ROMANCE. THE LANE-GERE FUSION IS SO GOOD!"

— Rex Reed, THE NEW YORK OBSERVER



OWN IT TODAY  
ON BLU-RAY HI-DEF AND DVD

© 2009 Warner Bros. Entertainment Inc. All Rights Reserved.



**Hot accessory**

Stay up to date on news and fashion with the HP Mini 1000 Vivienne Tam Edition digital clutch, \$799.99. Available at Best Buy. KIM ELBO/FOR METRO CANADA

# Style



EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

## Paint the town red

### Valentine's Day

Besides it being one of spring's hottest emerging colours, throw on a little rouge in celebration of Valentine's Day.

METRO NEWS SERVICE



Red scoop-neck T-shirt, Smart Set, \$14.



Printed scarf, Old Navy, \$14.50.



Synthetic leather purse with heart lock and key charm, Aldo, \$45.



Red blouse, Le Chateau, \$69.95.



Trench coat, Smart Set, \$75.



Elsa Peretti lacquer bangle, Tiffany & Co., \$485.



BCBG red bow clutch, \$205.



Town Shoes label, patent leather \$125

### Global Style

#### Kenya Hunt



Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com

### First Lady inspires apparel industry

**CLOTHING SALES** With a penchant for off-the-rack American brands like Gap and J Crew, Michelle Obama could be a shot in the arm to a U.S. apparel industry desperate for excitement — and sales.

Fashion choices made by America's new First Lady, who likes a mix of designer pieces and more affordable brands, can translate directly into dollars for apparel retailers facing a wide-ranging slump in demand as Americans cut back on clothing purchases.

"This is a living, breathing example of a First Lady having a massive influence," said Mandi Norwood, a former Mademoiselle editor writing a book on Obama's style, which she defines as "a wonderful mix of elevated couture and regular mall fashion."

Industry watchers say Obama, 45, a former lawyer and mother of two girls, speaks to today's shopper who is practical, frugal and pressed for time — but still wants to look good.

REUTERS

## Accessorize with Siriano designs at Payless

JOSEPHINE LIM  
for Metro Canada



**The youngest Project Runway winner Christian Siriano is back, but this time he's trying his hand at designing shoes and purses instead of clothes.**

Siriano, the winner of season four, has signed a deal with Payless ShoeSource to design his first footwear and handbag collection. It will be unveiled at New York's fashion week this month and be available in stores across Canada this fall.

The deal covers multi-season collections, and price points are expected to be in the \$50 to \$70 range.

"I think it's great for me to partner with Payless because my clothes are a little higher end, but I realized I also have a younger fan base," says Siriano.

"I think all of them could shop at Payless and buy the shoes because they're designer and really similar to the originals we're design-

ing for the runway."

He joins other Payless designers and stylists such as Laura Poretsky, Lela Rose, Stacey Bendet and Patricia Field. All their collections aim to feature the latest runway and red carpet styles.

"I think people are really careful with what they're spending their money on fashion-wise," says Siriano.

That's not to say he isn't confident in selling his collection.

"I think accessories and shoes people will always buy even in a tough economy," says Siriano.

"If you have a fabulous dress, you need fabulous shoes to go with it."

As for what to expect in his fall collection, it's a reflection of women he loves to dress — someone who is powerful and strong. The collection entails rich colours, Egypt and the

**"I think accessories and shoes people will always buy even in a tough economy."**

desert, which is very different from his spring collection.

"I think inspiration comes from what I love inside. Then, I take it from something material like Egypt and the desert," says Siriano.

His collection uses a lot of snake-skin patented leather with chain elements, says Siriano. He says to expect really strong shoes and dramatic shapes for his bags.

"(The bags) are quite cool and not overly feminine," he says. "You can be any type of girl wearing them."

Since winning the show last year, he has moved on to build his label, Christian Siriano and has had the chance to dress stars like Vanessa Williams, Heidi Klum and Victoria Beckham.

Siriano also has a book coming out at the end of this year called *Fierce Style*,



Designer Christian Siriano, the winner of Project Runway season four, applies his high-end fashion sense to a new and affordable Payless collection that will debut at New York Fashion Week.

filled with fashion tips with a little autobiographical information.

As for the fashion industry and what's it's really like, Siriano says it's nothing like the show.

"It's hard to actually pick

up so much tangible knowledge because you're thrown into something and it's really not how it is in real life," he says. "Everything I made in Project Runway I've never ever made in my entire life."



Stay up to date on news and fashion with the HP Mini 1000 Vivienne Tam Edition digital clutch, \$799.99. Available at Best Buy. KIM ELBO/FOR METRO CANADA

# Don't forget the details this Valentine's Day

## Style File

**Kim Elbo**

kim.elbo@gmail.com

### ask kim

How often should I change my bras?

Bras tend to stretch out over time. My tip is to buy a bra that fits perfectly when you hook it to the first of hook fasteners. As the bra stretches hook your bra fasteners to the second or third set of hooks so that the bra will become tighter. La Senza recommends that you replace your bras once every six to eight months and buy white, black and nude bras to interchange with different coloured outfits.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



## Dresses

Whether you're dating someone or single, love is in the air for everyone this week. Romance your way into his heart by wearing a flattering floral dress or subliminally get him in the mood with a dress adorned with sweet hearts. Brightly coloured abstract floral print dresses are a hot item in stores right now. If you're looking for that one special dress that no one else will have, check out Canadian designer Isabella Dunlop, she creates one-of-a-kind dresses with ornate stitching detail and various print linings.

## Underwear

If you're planning a romantic weekend don't forget the details. What you wear under the dress is just as important as the dress itself. Keep things simple and sweet and match your floral or heart dress with a floral or heart bra and undie set. If you're not into the girly frills of flowers and lace, then ease into something like boy shorts and subdued polka dot patterns.

**tip:** Had a passionate candle lit dinner that resulted in a little wax being spilt? Apply ice to the waxed area or place the garment in the freezer. Scrape off as much of the frozen wax as possible, then launder in the hottest water recommended for the fabric. ([textileaffairs.com](http://textileaffairs.com))

**STRIDE SHOES**  
endless comfort  
timeless style

**Kensington**  
1113 Kensington Rd NW  
ph. 403.283.6174

**15th Anniversary Sale**  
**Up to 70% off**

**All Boots**  
A large selection of sandals  
All Men's Casual  
All Seasonal items

**Kenneth Cole**  
**60% off**  
Mephisto boots 50% off  
Timberland 50% off

Selected  
Camper, El naturalista, Clarks, Ecco, Indigo, Privo, Frye, Think! and more  
In stock items only

[www.strideshoes.ca](http://www.strideshoes.ca)

**YOU COULD WIN**  
**A BLU-RAY PLAYER and a COLLECTION of BLU-RAY MOVIES featuring *NIGHTS IN RODANTHE***

**GRAND PRIZE:**  
**A Blu-ray player and collection of Blu-ray movies:  
*Nights In Rodanthe, PS I Love You, Fool's Gold, Rumor Has It, The Lake House and No Reservations***

**SECONDARY PRIZES:**  
**Nights in Rodanthe DVD**

**VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!**

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 14, 2009. Odds of winning depend on number of entries received. For full contest rules and details, visit [www.metronews.ca](http://www.metronews.ca).

**metro**  
Do it daily.

**Cover girl**

Michelle Obama is making history again — by becoming only the second first lady (the first was Hillary Clinton in 1998) to appear on the cover of Vogue magazine. Obama was photographed by Annie Leibovitz for the cover. [PEOPLE.COM](#)

# Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

## Lily Allen is irresistible

**Lily Allen**

**Album:** It's Not Me, It's You  
**Label:** Capitol/EMI  
**Rating:** 

**A POTTY-MOUTHED**

singer with the voice of an innocent school-girl, it's hard not to find Lily Allen appealing. She opens her second album with the dance-grooved Everyone's At It, a surprising condemnation of our pharmaceutical culture. Isn't this the same girl who just last month said cocaine was "no problem?" But it's this conniving flightiness that is so irresistible, especially when she's taking a non-judgmental look at conspicuous consumption (The Fear), discoursing on god



(Him), or having a pleasant chat with the former president (F\*\*\* You). Lily also has some interesting ideas about sex, actually expecting to receive as much as she gives, both in quantity and quality. It's all right there with a synth-pop-country (yes, that's a banjo) flavour on Not Fair, even more so on the nasty Never Gonna Happen.

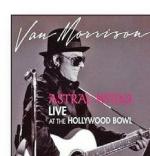
Graham Rockingham/for Metro Canada

**Van Morrison**

**Album:** Astral Weeks Live At The Hollywood Bowl  
**Label:** Listen To The Lion/EMI  
**Rating:** 

**VAN MORRISON'S MYSTIC**

master-piece, Astral Weeks, has long been

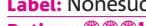
**MusicReviews**

music@metronews.ca

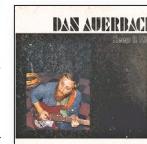
considered a musical landmark. Recorded in 1968, it's swirling vocals, improvisational themes and acoustic virtuosity broke acres of new ground. It was quite unlike anything that came before or after. So why then has Mr. Morrison released a live version? Not to make the lyrics any more clearer. Although his poetry is kindly documented in the liner notes, Morrison's mumble remains impenetrable. This live version is close, but no substitute. Which makes you wonder if Morrison released it more for business reasons, than artistic ones.

Graham Rockingham/for Metro Canada

**Dan Auerbach**

**Album:** Keep It Hid  
**Label:** Nonesuch Records  
**Rating:** 

**CHOP THE BLACK KEYS** in half, and quiet ballads head-butts raucous, raw bluesy-rock. Keep It Hid frees singer-guitarist Dan Auerbach from his band's constraints, allowing for Raconteur-ish experiments with layered guitars, upright bass, keyboards, banjos and a crowd of friends and family. Some of the best moments in the album come through transitions between songs. The quiet acoustics of Trouble Weights a Ton contrasts with sludgy rockers like I Want Some More or The

**Most bankable**

Will Smith has been named the most bankable star in Hollywood. The actor topped Forbes.com's Star Currency list, which ranks stars according to their financial power at the box office.

FEMALEFIRST.CO.UK



It's Not Me, It's You, the second album from British pop star Lily Allen, was released this week.

and Street Walkin's Hendrix-influenced stomp. Mash-up!

Rob McMahon/for Metro Canada

 Read additional reviews and listen to this week's reviewed music by following links at [metronews.ca/music](#)

when love and life get tangled see your **stylist**



Season Premiere  
**'DA KINK IN MY HAIR'**  
Tonight 10.30

**Global**   
GlobalTV.com™



# WIN

1 of 6 over sized  
diamond  
"Circle Of Life"  
empowerment  
necklaces

*The Right Hand Gal*<sup>TM</sup>  
Casual Diamond Jewelry



[www.therighthandgal.com](http://www.therighthandgal.com)



Ben Affleck Jennifer Aniston Drew Barrymore Jennifer Connelly Kevin Connolly Bradley Cooper Ginnifer Goodwin Scarlett Johansson Justin Long

# he's just *not* that into you

In Theatres February 6



Go to **metronews.ca** and take Metro's Sex & Relationship columnist Josey Vogels' quiz to find out which **he's just not that into you** character you are most like and you could **WIN!**

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 10, 2009. Approximate retail value of prize is \$599 each. Odds of winning depend on number of entries received. For full contest rules and details, visit [www.metronews.ca](http://www.metronews.ca).

[metronews.ca](http://www.metronews.ca)

**metro**  
Do it daily.



Paris Hilton finally gets all the fuss about the movie *Twilight*. She recently saw the hit film and is now smitten with Robert Pattinson.

"Now I understand all the hype. I just didn't get it before, but now it all makes sense," Hilton told E! News. METRO NEWS SERVICES

## Celebrity Buzz

### Courtney's moving to London

**RELOCATION** Courtney Love is moving to the U.K., femalefirst.co.uk reports. The former Hole singer is growing tired of life in Los Angeles and is planning to buy a house in Britain for her and daughter Frances Bean, 16.

Courtney said: "Buckinghamshire is where I want to go. I read Country Life magazine every week. I'm fed up with Los Angeles. It's full of crazy people."



People criticize Britain but it's still a cleaner, safer place to live than Hollywood." However, Courtney, who's also looking at London properties, will only move if arch-rival Madonna remains in her native America, where she has been since splitting from director Guy Ritchie.

She added to Britain's Daily Star newspaper: "Madonna had better stay the hell away from London when I move here to live. There's no room for us both."

METRO NEWS

### Harry's in hot water yet again

**BEHAVIOUR** After putting his foot in his mouth with comments about a Pakistani army officer, Prince Harry is now under fire again for another racially insensitive remark, having apparently told a comic, "You don't sound like a black chap," people.com reports.

Harry, allegedly attempting to be funny, delivered the line in November, when black comedian Stephen K. Amos performed at Prince Charles' 60th birth-



day party. Amos spoke about the incident this week on a U.K. chat show. At the time, recalled Amos, "I wanted to say, 'How is I supposed to sound?'"

Reaction to the exchange has been strong. "Many young people will be disgusted by his remark," said Naomi Byron, national secretary of Youth Against Racism in Europe, reports the U.K.'s Daily Mirror.

"But it is not just Prince Harry that is at fault. The aristocratic, rich circles he moves in obviously don't have a problem with this kind of racist stereotyping."

METRO NEWS SERVICES

### Rihanna cancels Jakarta concert

**FALLOUT** Rihanna's concert scheduled in Jakarta today has been cancelled, the show's tour promoter has announced — citing "an assault case involving Rihanna's boyfriend," singer Chris Brown, people.com is quoting published reports as saying

Rihanna, 20, withdrew from performing at the Grammys on Sunday — the same day Brown, 19, was arrested and charged with making a criminal threat. He was subsequently released on \$50,000 US bail.

On Tuesday, her show in Malaysia was similarly canceled. The Jakarta cancellation marks the second time Rihanna has pulled out of a concert in the Indonesian capital. In November, the show didn't go on after the Australian government issued a travel warning in the wake of the executions of the three men convicted of the 2002 Bali bombings. People.com is also reporting that new details have emerged about the mid-

night altercation between Brown and Rihanna that led to Brown being booked on a felony criminal threat charge on Sunday.

"Chris knocked her around," a source close to the couple tells People magazine. "Black eye, blood, bruises. She had to be treated by a doctor."

The site also alleges a police source has confirmed to People the singer suffered a black eye as well as "a swollen split lip and two red and purple contusions on either side of her forehead."

The website continues by saying the source, who described police photos of Rihanna, added, "She looked distraught and in a lot of pain. Her eyes were closed because she was looking down." METRO NEWS SERVICES



**Josh Groban says he's 'perpetually single'**

**DATING** Fans may swoon over his soulful singing, but Josh Groban is still unattached, intouchweekly.com reports. "I seem to be perpetually single," the baritone bachelor said at a recent MusiCares Tribute. METRO NEWS SERVICES



### Dane stays mum on co-star rumours

**DEPARTURES** With rumours swirling that Katherine Heigl and T.R. Knight are leaving Grey's Anatomy, Ellen DeGeneres tried to get answers out of co-star Eric Dane when he stopped by her show. But Dane remained mum.

METRO NEWS SERVICES



### Jessica's 'so happy' with new curves

**IMAGES** During Jessica Simpson's first live TV appearance since her much-scrutinized weight gain, usmagazine.com reports, the singer said of her new curves: "Honestly, I am right where I'm supposed to be. I am so happy."



### Clooney said to be dating Bhutto niece

**ROMANCE** Actor George Clooney is reportedly smitten with Fatima Bhutto, 26, the niece of slain Pakistani leader Benazir Bhutto. The two met at an international conference last year, according to the National Enquirer. METRO NEWS SERVICES



### Surgery prep procedure leaves Usher's wife in grave condition

**ILLNESS** Usher's wife reportedly suffered cardiac and respiratory arrest during a liposuction operation, femalefirst.co.uk is reporting.

Tameka Foster was due to undergo the cosmetic sur-

gery at Sirio-Libanes Hospital in Sao Paulo, Brazil, last Friday but fell seriously ill when she was being anesthetized for the procedure.

She was then induced into a coma for 24 hours, and

is now said to be recovering, the gossip website alleges. A spokesman for the hospital refused to comment on the allegations published by Brazilian news website G1, saying:

"The family has demanded total privacy. The hospital is barred from giving any information."

Usher cancelled concerts in the U.S. and rushed to his wife's side as soon as

she fell ill.

METRO NEWS SERVICES



If Romeo and Juliet ended after act one everybody would be much better off.

FRANK SINATRA SERENADES YOU DURING COME FLY WITH ME.

HAPPY HOUR PERFORMANCE FRIDAY AT 6:10 PM INCLUDES A COMPLIMENTARY DRINK.

### ONE ACT THEATRE



### LUNCHBOX THEATRE

403 265 4292

www.lunchboxtheatre.com



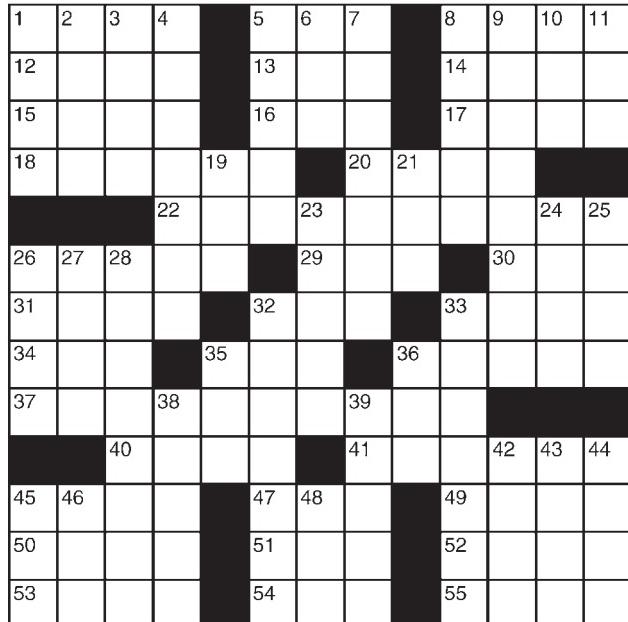
Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 AM



## Take Five



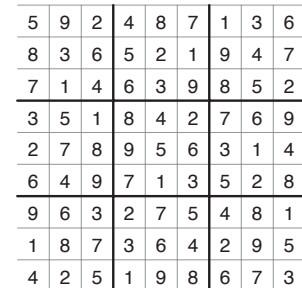
## Crossword across

- 1 Seed covering  
 5 Shrill bark  
 8 State with conviction  
 12 Conflagration  
 13 Leading lady  
 14 Bygone VHS alternative  
 15 Oriental nursemaid  
 16 Scratch  
 17 St. Louis landmark  
 18 Call a spade a shovel?  
 20 Price  
 22 Woman of letters?  
 26 Horsey laugh  
 29 The whole enchilada  
 30 Gear tooth  
 31 Benedict XIV, e.g.  
 32 Expert

## Crossword down

- 1 Somewhere out there  
 2 Frost  
 3 Persia, now  
 4 English Channel port  
 5 Mocha's country  
 6 Actress Gardner  
 7 Fabric used for sheets  
 8 Disconcert  
 9 Upright  
 10 List-ending abbr.  
 11 "Go, team!"  
 19 Wrestling surface  
 21 Pussycat's partner  
 23 Topped chip  
 24 Not "for here"  
 25 Big Apple cardinal

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



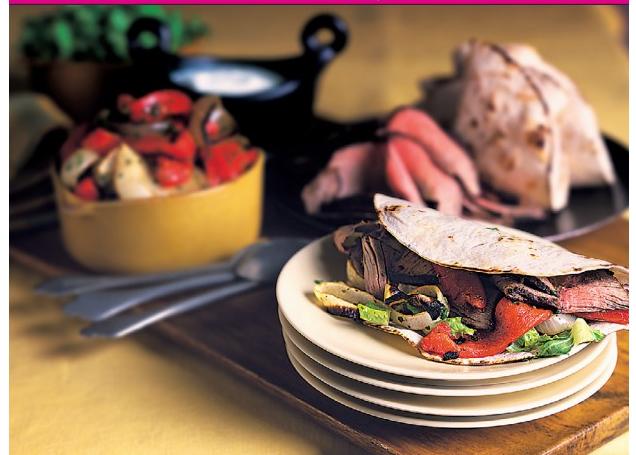
Find today's answers + play more games at metronews.ca

## SUDOKU SOLVE TIME:

Under 13 min ..... Genius  
 13-17 min ..... Scholar

17-21 min ..... Smart  
 21-25 min ..... Not bad  
 25+ min ..... Keep practising

## Metro Recipe of the Day



## Sizzling Beef Fajitas

## INGREDIENTS:

- 1/4 cup (50 ml) fresh lime juice  
 1 tsp (5 ml) chili powder  
 3/4 tsp (4 ml) oregano  
 3/4 tsp (4 ml) ground coriander  
 1/4 tsp (1 ml) black pepper  
 12 oz (375 g) well-trimmed beef sirloin  
 2 large onions, thickly sliced  
 2 large red peppers, cut lengthwise into flat panels  
 1/4 cup (50 ml) minced cilantro  
 4 flour tortillas, about 7 in. (18 cm) each  
 4 cups (1 l) shredded romaine lettuce  
 1/4 cup (50 ml) sour cream  
**METHOD:**  
 1. Combine lime juice, chili powder, oregano, coriander and black pepper in medium bowl.  
 2. Place beef in shallow bowl and spoon 2 tbsp lime mixture on top; turn to coat both sides. Let stand while broiling vegetables.  
 3. Preheat broiler. Spray broiler pan with non-stick cooking spray. Place onions and pepper pieces, skin-side up, on broiler pan. Broil 4 in. (10 cm) from heat until peppers are charred and onions are golden brown, 10 minutes. Remove, and when cool enough to handle, peel pepper and thickly slice. Add peppers and onions to lime juice mixture in bowl. Add cilantro and toss.  
 4. Broil beef to medium, 8 minutes, turning once. Let stand 5 minutes, then thinly slice. Broil tortillas until lightly browned, 15 seconds per side.  
 5. Place beef, peppers, onions, lettuce, sour cream and tortillas in serving containers. Let each person fill his or her own tortilla.  
**SERVES 4**

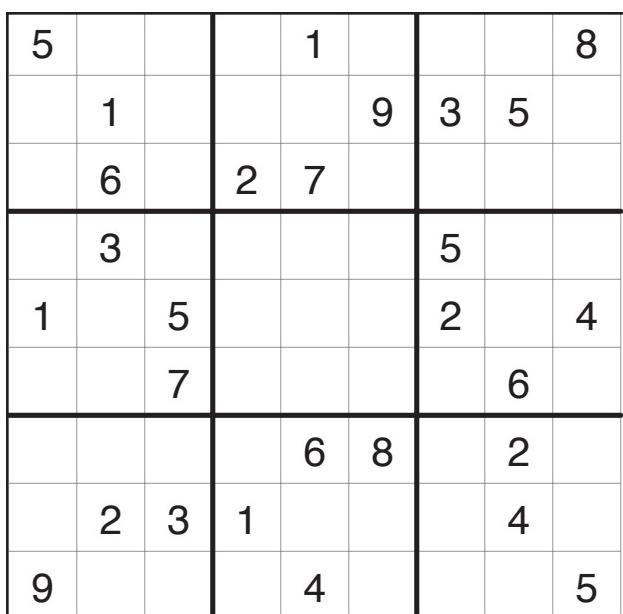
rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## Horoscopes

## ARIES

MARCH 21-APRIL 20



## TAURUS

APRIL 21-MAY 21



Protect yourself when dealing with legal issues. Don't push your ideals in a war between rookies. A person makes an insensitive comment.

## LIBRA

SEPT 23-OCT 23



Someone's admiration gives you some pleasure. You need to think about what went wrong. Relationship decisions perplex you and cause delays.

## SCORPIO

OCT 24-NOV 22



A blissful guy makes you a tantalizing offer. A funny girl gives you a helping hand. A man has something valuable to share.

## GEMINI

MAY 22-JUNE 21



You must be patient with unreliable people. It's not a good time to make light of serious problems. A comical grumbler will set a date with you.

## SAGITTARIUS

NOV 23-DEC 21



Independence is more important when procedures change. Don't delay fixing damaged equipment. Unexpected events keep you hopping.

## CANCER

JUNE 22-JULY 22



Guidance comes to you in unusual ways. Don't announce your intentions to strangers. Make sure that your reality check doesn't bounce.

## CAPRICORN

DEC 22-JAN 20



Today's miserable moments will soon be forgotten. Kindred spirits will meet your challenges. You'll be enthusiastic when amazing things unfold.

## LEO

JULY 23-AUG 23



Avoid snooping and being too serious. An irritated friend is especially sensitive to teasing today. Something that happens will astound you.

## AQUARIUS

JAN 21-FEB 18



Accept a kind invitation from an encouraging friend. Be sincere when praising somebody. Financial plans must be adjusted as soon as possible.

## VIRGO

AUG 24-SEPT 22



You'll get a surprise if you forgot something. Don't be unnerved by a strange event. Frustration with obsolete rules won't be eased by fighting.

## PISCES

FEB 19-MARCH 20



You can be sure that your hard work will build up a project. Think hard before refusing an invitation. Slow down before making decisions.

## WORDY GURDY®

BY TRICKY RICKY KANE

1. Fireplace wood monopolizer (1)  
 2. House-in-the-woods yakkin' (2)  
 3. Union-Rebels conflict task (1)  
 4. Rescues 1860's plantation workers (1)  
 5. President Abe flutterin' his eyelids (2)  
 6. Assassin John Wilkes's verified facts (1)  
 7. Withdrawal-from-the-Union economic downturn (3)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

## This day in history

- FEB. 12, 1870: Women gain the right to vote in Utah Territory.  
 FEB. 12, 1909: The National Association for the Advancement of Colored People (NAACP) is founded.  
 FEB. 12, 1934: The Austrian Civil War begins.  
 FEB. 12, 1990: Carmen Lawrence becomes the first female Premier in Australian History when she becomes premier of Western Australia.  
 FEB. 12, 1999: President Bill Clinton is acquitted by the United States Senate in his impeachment trial.  
 FEB. 12, 2000: Charles Schultz's famous comic strip Peanuts prints its last comic.

METRO NEWS SERVICES

**beats+bullets**  
 broken city  
 feb 12+13  
 Ghostkeeper - Beija Flor  
 Michael Rault - Fox Opera  
 Axis of Conversation - Nushi  
 Reuben Bullock - The Neckers  
 Hunter Gatherer - The Grim Beat  
 + the vintage swing revue  
 help put an end to youth violence

Canadian Red Cross

# Choice of Shades

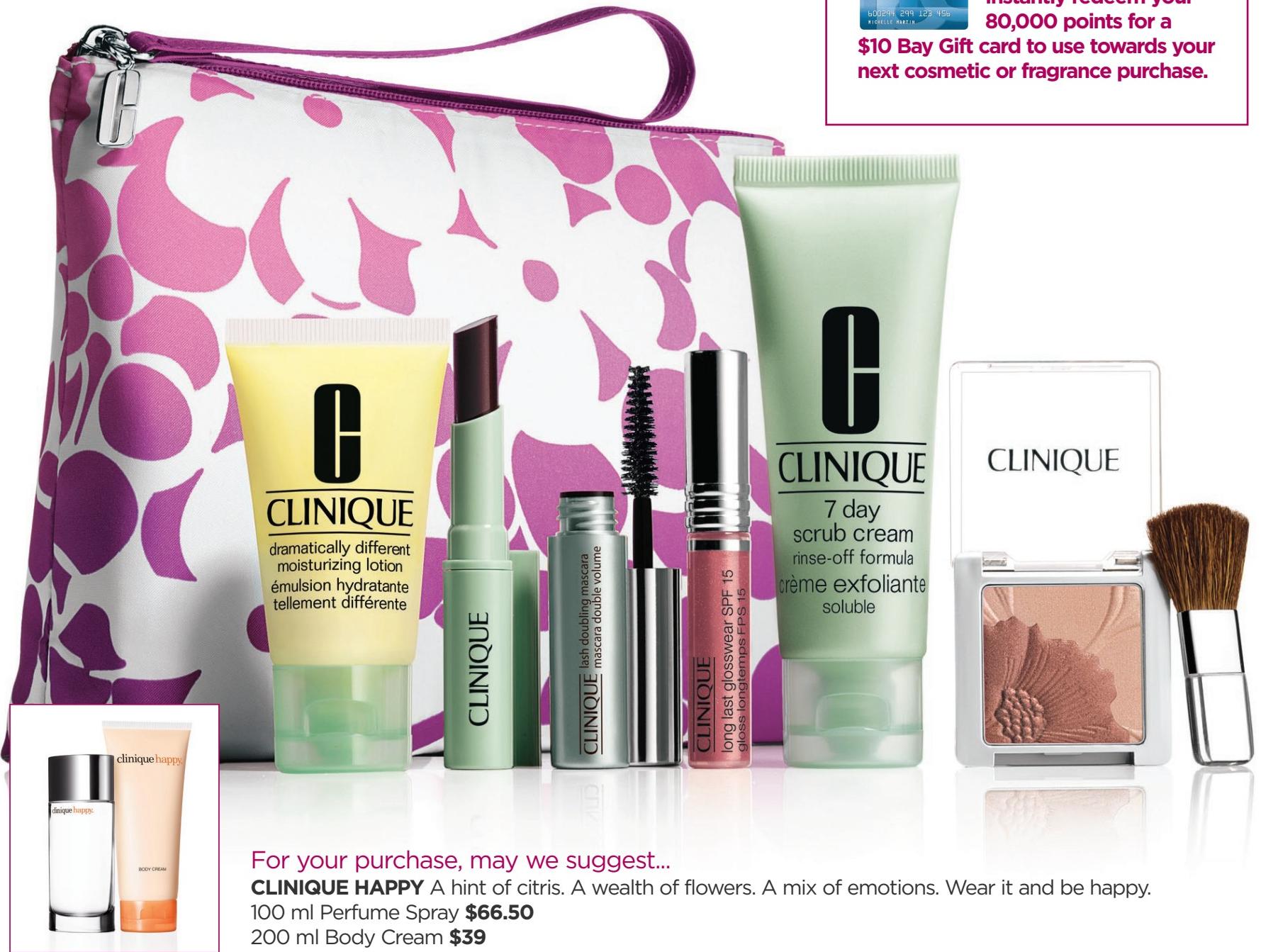
## Black Honey Plums or Air Kiss Pinks

Yours FREE\*\* with any Clinique purchase of \$26.50 or more.  
Value \$60.

### It's Clinique Bonus time.

They're two of Clinique's most-requested shades and now you can get a coordinated **Black Honey Plums or Air Kiss Pinks** makeup look for face and lips – even a matching cosmetics bag. All this plus treatment essentials for fresh spring skin.

It's a Bonus you won't want to miss.



# CLINIQUE BONUS

ONLY AT THE BAY

Receive  
**5X Hbc Rewards points\***

on any **Clinique** purchase of \$50 or more  
(before taxes).



Give yourself a gift -  
Instantly redeem your  
80,000 points for a  
**\$10 Bay Gift card** to use towards your  
next cosmetic or fragrance purchase.

\*Total points = 5 x (dollar amount x 50). You will receive 250 points per dollar spent. This offer cannot be combined with any other bonus offer. If you refund the purchase(s) made in connection with this offer, points will be reduced by the bonus amount, using the same formula. Terms and conditions of the Hbc Rewards program found online at [www.hbc.com/rewards](http://www.hbc.com/rewards) apply to this offer. \*\* Quantities are limited. One bonus to a client, per event. While supplies last. Offer ends February 22, 2009.



BEAUTY  
*at the Bay*